



## Skin Picking: How to Cure Dermatillomania (Paperback)

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By MS Amy Foxwell

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.REVISED IN APRIL 2014 with over 100 ADDITIONAL PAGES. Written by an ex skin picker, the Second Edition of this well respected guide is based on personal experience and research into how Dermatillomania can be cured, this is a collection of powerful tools based on real success stories in curing skin picking. With an upbeat message, immediately useable, and proven to be effective, the work includes: - Simple ways to identify when and why you pick - How to use a form of auto-brainwashing to stop picking - How to use hypnosis to alter your actions - Using a journal to relieve stress and frustration - Many different therapies and how to find and apply the right one for you - Diet and natural remedies - Important facts about Dermatillomania and skin picking - A parent s guide - Recommended resources - A step by step program to follow for a personalized treatment - Ways to make changes in your life and stay motivated in your treatment. Also includes the Pick Stop Workbook which gives skin picking sufferers...

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